

Tha-ish Lettuce Wraps

Submitted by Jan Jarman

Ingredients

1 ¼ pound ground turkey	½ teaspoon crushed red pepper flakes
4 stalks green onion	1 teaspoon rice vinegar
1 tablespoon chopped fresh mint	2 cloves garlic
1 minced shallot	¼ cup fresh basil
2 tablespoons lime juice	¼ cup fresh cilantro
2 tablespoons fish sauce	1 cup shredded carrots
1 tsp fresh ginger	4 oz chopped salted peanuts
½ cup chopped water chestnuts	12 leaves cabbage or lettuce
4 tablespoons creamy peanut butter	1 Tbsp canola oil
2 teaspoons garlic and red chile paste	1 red bell pepper
1 teaspoon sugar	

Amount Per Serving	
Calories	160
Total Fat	9 g
Sodium	367 mg
Total Carbohydrate	7 g
Protein	15 g